

devoted to articles of greater general interest. I do not mean that these reports should be omitted, but they might be confined to items which are of real interest to the nursing world, of progress made, of suggestions helpful to others, etc., etc. We might try to cultivate among ourselves a spirit of contributing only that which will be of use to us all and save you part of the pruning, which must be at best a delicate task. Yours sincerely,
L.

DEAR EDITOR: THE AMERICAN JOURNAL OF NURSING, "Seasickness," on page 454, JOURNAL of March, contains what I consider rather drastic treatment.

I should judge the bowels would be so loose at the end of the tenth day that sailing would have to be postponed. At sea one needs to be in control of their functions, rather than have their functions control them.

I would suggest that any nurses planning for the Berlin trip be very wary how they physic themselves before sailing.

I have been on the water for coast trips quite frequently, but have crossed the Atlantic only twice. Was not seasick. I was seasick on one coast trip, I think, because my companion in the stateroom was much distressed. Since that experience I have tried to prepare by taking *Ammonii bromid.*, gr. v, t. i. d., for three days previous. I think this is preferable to the *sodium bromide*, as the former has a little stimulating effect.

Five grains is quite sufficient for one who does not habitually take drugs. I find the *Ammonii bromid.* tranquilizes my nerves so that I do not care whether doors bang or not.

The captain on the Atlantic liner said seasickness begins in the ankles, and if one can get the proper swing, and preserve the equilibrium, one would not have to pay tribute to Neptune.

I hope all the nurses who go to Berlin will have a very good time. I wish them all *bon voyage*.

BOSTON.

DEAR EDITOR: I have just received a copy of the constitution and by-laws of the Massachusetts State Nurses' Association, together with a letter from a prominent officer of that association drawing my attention to the fact that they had endeavored to make their constitution and by-laws as *simple* as possible, and saying that their association was progressing most favorably with it as a guide. On reading over the clause referring to membership I note with much interest that no mention is made anywhere of *alumnæ* associations or any societies of nurses other than the county societies, which are branches of the State association.

For the New York State Nurses' Association to adopt similar by-laws concerning membership may be a "radical change," but in view of the fact that the by-laws of the New York State Association were adopted in 1902, revised in 1903, and are to be revised again in 1904, it would seem that some radical change would not be out of place, also that much valuable time and energy might be saved by adopting by-laws of a more permanent character.

As far as *alumnæ* associations are concerned, I do not think that anyone, least of all myself, has ever thought, much less said, that "their days of usefulness are over," but I maintain that nothing can be gained and much unnecessary complication is added by their recognition in the State and county societies.

For inter-State affiliation as a means of establishing reciprocity, here again

an organization composed of alumnae associations is superfluous, as the natural sequence of the county and State associations will be a confederation of State associations.

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[LETTERS to the Editor must be accompanied by the name in full and address of the writer, otherwise such communications cannot be recognized. The name need not appear in the JOURNAL unless so desired.—ED.]



QUARANTINE IN DIPHTHERIA.—The Albany *Medical Annals* publishes a paper on this subject of which the following synopsis is given by the *Journal of the American Medical Association*: "From a study of one hundred cases with special reference to the time of quarantine, Salmon concludes that the severity of the disease bears no relation to the duration of infection and an arbitrary time-limit is not justifiable. The occurrence of positive cultures after a single negative one had been obtained is shown to be the rule rather than the exception. The importance of taking cultures from the nose as well as the throat in the pharyngeal cases is demonstrated by a number of instances included in the series in which the nose remained infected longer than the throat. He advises two negative cultures to be taken on alternate days from both the nose and throat after two weeks have elapsed from the onset of the disease, a requirement which is not unfair to any, though permitting the release of only about six per cent. of the infected persons."

THE DIETETIC TREATMENT OF EPILEPSY.—The *Interstate Medical Journal* gives the following review of an interesting paper: "Meyer gives an account of a series of cases in which the dietetic treatment was carried out with great care. Four cases formed the material upon which the experiment was tried. No medication whatever was given for a period of four weeks; during this time observations could be made for comparison with the period of actual treatment. The cases averaged twenty years, and were all of a severe type of the disease. Balint's latest diet was used, including the especially prepared bread to which he has given the name of bromopan. This is a saltless bread, baked with one gramme sodium bromide to each one hundred grammes of bread. The patients were under observation from two to five months. The following diet was planned for each patient: Six A.M., one-eighth to one-fourth litre cacao or coffee, one-fourth bromopan, egg; nine-thirty A.M., one-half litre milk, three-fourths bromopan, egg, fruit; twelve-thirty P.M., one-half litre milk, one bromopan, two eggs, fruit; four P.M., one-eighth to one-fourth litre cacao or coffee, one-fourth bromopan; six P.M., one-half litre milk, one-fourth bromopan, fruit. The results were as follows: In all cases the attacks decreased in number and in severity. In two cases the psychical improvement was very marked. All the cases bore the treatment well and gained in weight during the period of treatment. A daily bromide dose of three grammes was sufficient in each case. The author believes that this treatment, while it does not offer the possibility of a cure, yet is far more effective than any method that has yet been devised."